Adapted from eat right.

NAVIGATING SALT

HIGH DESERT FOOD & FARM ALLIANCE

EATING RIGHT with less salt.
Most Americans are getting too much sodium from the foods they eat. And, the sodium in salt plays a role in high blood pressure, which is also known as hypertension.

THE 2015-2020 DIETARY GUIDELINES FOR AMERICANS recommends that adults and children ages 14 years and older reduce their sodium intake to less than 2,300 milligrams a day. Adults with hypertension are encouraged to reduced their intake further to 1,500 mg per day, since that can help to reduce blood pressure.

TIPS TO REDUCE SODIUM

1. **FOCUS ON FRESH** Many foods in their original form, such as fruits, vegetables, fresh meats, poultry, fish, dry beans, eggs, milk, yogurt, and grains like rice are naturally low in sodium. Include these foods in snacks and meals more often.

2. **COOK AT HOME** Enjoy home-prepared foods where you are in control of how much salt is added.

3. **READ FOOD LABELS** Read the Nutrition Facts label and the ingredients list to find packaged and canned foods lowed in sodium. Use caution with condiments. Foods like soy sauce, ketchup, pickles, olives, salad dressing and seasoning packets are high in sodium.

4. **EAT PROCESSED AND PREPARED FOODS LESS OFTEN** Highly processed and ready to eat foods tend to be high in sodium. Eat these foods only occasionally o r in smaller amounts- cheesy food, like pizza; cured meats such as bacon, sausage, or deli meats; and ready to eat foods, like canned chili, soups, and flavored noodles. "Diluting" these foods with vegetables, while maintaining portion size, can increase nutrient content, reduce sodium intake, stretch your meal, and be friendly towards your budget.

5. **TRY NEW FLAVORS** Skip the salt and try salt-free seasonings such as herbs, spices, garlic, pepper, or lemon juice.

TRY OUR LOW SODIUM BLENDS: HERB BLEND 1/4 c dried parsley, 2 T dried tarragon, 1 T each of oregano, dill weed, and celery flakes. ITALY BLEND 2 T dried basil, 2 T marjoram, 1 t garlic powder, 1 t oregano, 2 t thyme, 2 t rosemary, 2 t crushed red pepper. MEXICO BLEND 1/2 c chili powder, 1 T each of cumin and onion powder, 1 t each of oregano, garlic powder, cayenne, and 1/2 t cinnamon.

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USING NUTRITION LABELS

HIGH DESERT FOOD & FARM ALLIANCE

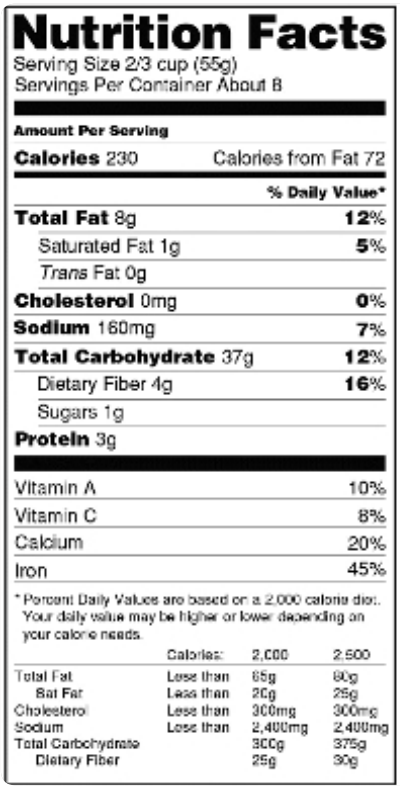
SHOP SMART

Become a smart shopper by reading food labels to find out more about the foods you eat.

- Find out which foods are good sources of dietary fiber, vitamin D, calcium, iron, and potassium.
- Compare similar foods to find out which one is a more suitable choice for your personal nutrition plan.
- Use the label to critical think about nutrient density of the food.

SERVING SIZE

- Look here for both the number of servings in the package and the serving size of one portion.



Nutrition Facts

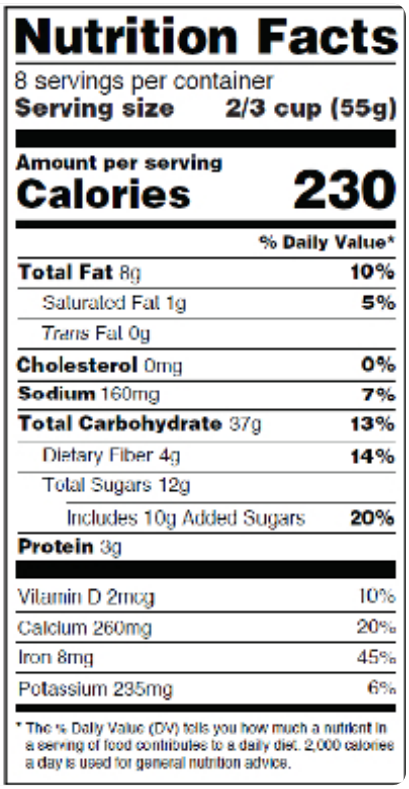
Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230	Calories from Fat 72
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



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Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PACKAGING TERMINOLOGY

LOW CALORIE- < 40 calories per serving.

LOW CHOLESTEROL- < 20mg of cholesterol (and < 2g of saturated fat)

REDUCED- 25% less of the specified nutrient or calories than the usual product.

GOOD SOURCE OF- Provides at least 10% of the DV of a particular nutrient per serving.

FAT/SUGAR FREE- < .5g of fat or sugar per serving.

LOW SODIUM- < 140mg of sodium per serving.

HIGH IN - Provides 20% or more of the DV of a specified nutrient per serving.

PERCENT DAILY VALUES

- Use percent Daily Values (DV) to help you evaluate how a particular food fits into your daily eating plan.
- 5% or less is low- try to aim low in saturated fat, trans fat, cholesterol, and sodium.
- 20% or more is high- try to aim high in vitamins, minerals, and dietary fiber.
- Limit added sugars to less than 10% of total calories daily.

CHECK THE INGREDIENT LIST

- Foods with more than one ingredient must have an ingredient list on the label. Ingredients are listed in descending order by weight. Those in the largest amounts are listed first. Food manufacturers are required to state if food products contain any ingredients that are derived from the eight major allergenic foods: milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, and soybeans.